

Depo Provera (3-Month Shot)

What is Depo Provera?

Depo Provera is a hormone injection that lasts for 3 months to prevent pregnancy. The injection has synthetic progesterone and no estrogen. It is usually given in the arm or rear, delivering a high level of progesterone into the body. Depo Provera stops the ovaries from releasing eggs. It thickens the cervical mucus and changes the uterine lining, making it harder for sperm to enter or survive in the uterus. These changes prevent fertilization. Depo Provera is a very private form of birth control because it cannot be seen on the body and requires no home supplies. It does, however, require a clinic appointment every 3 months. Depo Provera is 99.7% effective as birth control. It does not protect against reproductive tract infections, including HIV/AIDS.

Use

The first shot of Depo Provera is usually given during or a few days after the start of a menstrual period. After 24 hours, the shot is effective birth control for the next 13 weeks. Many women find it useful to schedule their next shot slightly earlier than necessary; if something prevents them from making their appointment, there will be a window of opportunity to receive their next shot.

If you are more than a week late for your shot, use a backup method of birth control for the next two weeks. If you are more than a week late and you have had unprotected sex since your last shot, consider taking a pregnancy test before receiving the next dose.

Your Health

Every woman is different and Depo Provera is not recommended for all women. Due to the risk of serious health problems, women with the following conditions should not use Depo Provera.

- Unexplained vaginal bleeding
 - Known or suspected pregnancy
- Depo Provera may not be recommended for women who are planning on becoming pregnant in the near future, are concerned over weight gain, have liver

disease, gallbladder disease, or a history of depression. Your clinician or doctor can decide.

Risks

Some women have allergic reactions to Depo Provera.

Women who use Depo Provera may face an increased risk of osteoporosis and are advised to exercise and take in plenty of calcium. Some studies suggest, however, that bone density is restored once women stop taking Depo Provera.

If a woman becomes pregnant while using Depo Provera, and continues her pregnancy, there may be an increased risk of premature birth. Women can start Depo Provera 6 weeks after giving birth.

The effects of Depo Provera on breast cancer are still unknown.

Benefits

Women on Depo Provera have a decreased risk of endometrial cancer, ovarian cancer, and pelvic inflammatory disease. You may have less menstrual cramping and pain, fewer periods, and less chance of anemia.

Side Effects

70 % of women of use Depo Provera gain weight. Almost half of the women using Depo Provera gain more than 5 pounds after one year of use. Many women gain more than 10 pounds.

Irregular, heavy, or no bleeding are common side effects of Depo Provera. After a year of use, many women stop having periods. Lack of a period becomes increasingly common with longer use.

Other side effects of Depo Provera can include headaches, nervousness, mood changes, bloating, hot flashes, decreased interest in sex, breast tenderness, acne, hair loss, and back ache.

(Please see reverse for more information)

After the last shot of Depo Provera, it can take over 6 months for the drug to leave the body. Side effects may linger until the drug is completely gone.

Drug Interactions

Few medications lower the effectiveness of Depo Provera. Women with Cushing's syndrome may take medications that interfere with Depo Provera. If you are taking any medications, tell your clinician. When taking medications that may interfere with Depo Provera, consider adding a backup method of birth control, like condoms or spermicide. As with all drugs, it is useful to inform all your medical providers if you are taking Depo Provera.

Future Fertility

Women who want to become pregnant may stop using Depo Provera at any time. For some women, fertility returns immediately. It may take 6-12 months, however, for some women to regain their fertility.

Advantages

- Private.
- Effective after 24 hours.
- Does not require regular attention.
- Does not interrupt sex play.
- Has no estrogen.
- May decrease risk for ovarian and uterine cancers.

Disadvantages

- Does not protect against sexually transmitted infections, including HIV/AIDS.
- Requires injections every 3 months.
- Delay of return to fertility.
- Possible weight gain and irregular bleeding.

Prevent Coercion

There is no antidote to the Depo Provera shot. Women who are given Depo Provera should be well informed about the drug and know that there are other options for birth control. In this country and in other countries, women have been pressured into taking Depo Provera without knowing what it was. Know your options.

Further References

Feminist Women's Health Center: www.FWHC.org

Contraception and Sex Information You Can Actually Use: www.io.com/~wwwomen/contraception/

Reproductive Tract Infections, STDs and Beyond: www.sistersong1.org/sister-5.htm

Time to Take a Critical Look at Depo Provera: hamp.hampshire.edu/%7eclpp/dt.html

Birth Control Handbook. Montreal Health Press, 2000.

Our Bodies, Ourselves, for the New Century. Boston Women's Health Collective, 1998.

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